



WELL CHILD EXAM - INFANCY: 2-4 WEEKS

(Meets EPSDT Guidelines)

DATE

INFANCY: 2-4 WEEKS

PARENT TO COMPLETE ABOUT THE CHILD

CHILD'S NAME

DATE OF BIRTH

ALLERGIES

CURRENT MEDICATIONS

ILLNESSES/ACCIDENTS/PROBLEMS/CONCERNS SINCE BIRTH

YES NO

☐ ☐

My baby is sleeping well.

YES NO

☐ ☐

My baby looks at my face.

☐ ☐

My baby is eating, sucking well.

☐ ☐

When crying, my baby can be calmed by being talked to or held.

☐ ☐

My baby can hear sounds.

☐ ☐

I am concerned that I have frequent times of sadness.

WEIGHT KG./OZ. PERCENTILE

HEIGHT CM/IN. PERCENTILE

HEAD CIR. PERCENTILE

☐ Review of systems ☐ Review of family history

Screening:

N A

Hearing

☐ ☐

Vision

☐ ☐

Development

☐ ☐

Behavior

☐ ☐

Social/Emotional

☐ ☐

Gross Motor

☐ ☐

Fine Motor

☐ ☐

Physical:

N A

General appearance

☐ ☐

Lungs

N A

☐ ☐

Skin

☐ ☐

Chest

☐ ☐

Head/Fontanelle

☐ ☐

Cardiovascular/Pulses

☐ ☐

Eyes

☐ ☐

Abdomen

☐ ☐

Ears

☐ ☐

Genitalia

☐ ☐

Nose

☐ ☐

Spine

☐ ☐

Oropharynx

☐ ☐

Extremities

☐ ☐

Mental Health

☐ ☐

Neurological

☐ ☐

Describe abnormal findings:

Diet

Elimination

Sleep

☐ PKU ☐ Review Immunization Record

☐ Other

Health Education/Anticipatory Guidance: (Check all completed)

☐ Family Planning ☐ Safety ☐ Sleeping on back

☐ Development ☐ Crib Safety ☐ Shaken Baby Syndrome

☐ Infant Bond ☐ Feeding/colic ☐ Fever

☐ Passive Smoke ☐ No bottle in bed ☐ Child care

☐ Appropriate Car Seat

☐ Other:

Assessment:

IMMUNIZATIONS GIVEN

REFERRALS

NEXT VISIT: 2 MONTHS OF AGE

HEALTH PROVIDER NAME

HEALTH PROVIDER SIGNATURE

HEALTH PROVIDER ADDRESS

INFANCY: 2-4 WEEKS

Your Baby's Health at 2 Weeks

Milestones

Ways your baby is developing between 2 weeks and 2 months of age.

Looks at your face when you hold her, follows you as you move.

Pays attention to your voice.

Shows he hears sounds by startling, blinking, or crying.

Moves arms and legs, tries to lift head when lying on tummy.

Tells you what she needs by fussing or crying.

You help your baby learn new skills by playing with her.

For Help or More Information

To find a doctor or to get free or low-cost health insurance for your child: Healthy Mothers, Healthy Babies Information and Referral Line, 1-800-322-2588 (voice) or 1-800-833-6388 (TTY Relay)

Breast feeding, food, and health information: Women, Infant, Children (WIC) Program, call the Healthy Mothers, Healthy Babies Information and Referral Line (numbers above)

Car seat safety: Safety Restraint Coalition, 1-800-BUCK-L-UP (voice) or 1-800-833-6388 (TTY Relay)

Health Tips

Learn to know when your baby is hungry, so you can feed her **before** she cries. She may get fussy or turn her head toward your body when you hold her.

Breast milk is the perfect food for babies for at least the first year. Continue breast feeding as long as possible.

If you are giving your baby a bottle, hold him in your arms during feedings. Your baby needs this special time with you.

Immunizations protect your baby from 12 very serious diseases. Make sure your baby gets all doses of vaccine on time.

ALWAYS put your baby to sleep on his back to reduce the risk of Sudden Infant Death Syndrome (SIDS). Also avoid putting soft bedding or stuffed toys in the crib.

Keep your baby away from people who have colds and coughs. Make sure that people who hold or care for your baby wash their hands often.

Parenting Tips

Give your baby the gift of your attention. Take plenty of time to hold him, look into his eyes, talk softly to him. He can see and hear you. He is already learning!

Your baby fusses and cries to try to tell you what she wants. Comfort her when she cries. Holding will not spoil her.

Safety Tips

Use a rear-facing car seat for your baby on every ride. Buckle him up in the back seat, away from the air bag.

NEVER shake your baby. Shaking can cause very serious brain damage. Make sure everyone who cares for your baby knows this.

Guidance to Physicians and Nurse Practitioners for Infancy (2-4 weeks)

The following highlight EPSDT screens where practitioners often have questions. They are not comprehensive guidelines.

Washington Neonatal Screens

- Congenital adrenal hyperplasia (CAH).
- Hemoglobinopathies (Hgb).
- Phenylketonuria (PKU).
- Congenital hypothyroidism (CH).

Hearing Screen

Screen infants with these risk factors:

- Family history of childhood hearing impairment.
- History of congenital prenatal infection with herpes, syphilis, rubella, cytomegalovirus or toxoplasmosis.
- Malformations involving the head or neck (e.g., dysmorphic and syndrome abnormalities, cleft palate, abnormal pinna).
- Birth weight below 1500 grams.
- Bacterial meningitis.
- Hyperbilirubinemia requiring exchange transfusion.
- Severe prenatal asphyxia exchange transfusion.
- Severe prenatal asphyxia (Apgar scores of 0-3, absence of spontaneous respirations for 10 minutes or hypotonia at 2 hours of age).
- Parents concerned about infant's hearing.

Hepatitis B Vaccine

Dosing schedule:

- First dose at birth or other starting date.
- Second dose at least one month after the first dose.

Developmental Milestones

Always ask parents if they have concerns about development or behavior. You may use the following screening list, or the Denver II, or the ELMS2 (a language screen).

Yes No

- | | | |
|--------------------------|--------------------------|-----------------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <u>Regards face.</u> |
| <input type="checkbox"/> | <input type="checkbox"/> | <u>Lifts head while prone.</u> |
| <input type="checkbox"/> | <input type="checkbox"/> | <u>Moves extremities equally.</u> |
| <input type="checkbox"/> | <input type="checkbox"/> | Mother responds to infant cues. |

Instructions for developmental milestones: At least 90% of infants should achieve the underlined milestones by this age. If you have checked "no" on *even one* of the underlined items, refer the infant for a formal developmental assessment.

Notes: Immunization schedules are from the Advisory Committee on Immunization Practice of the U.S. Centers for Disease Control and Prevention. **Parents and providers may call Healthy Mothers, Healthy Babies with questions or concerns on childhood development.**